

ABSTRACT

A fitness expander includes at least two through holes positioned on the two handles respectively, a metal fastening ring is arranged on the through hole, a hollow hose
5 with two anti-slip devices on each of the distal ends thereof is inserted through the metal fastening rings. The present invention features on that the anti-slip device is a soft and hollow cone on whose circumference a plurality of thin and elastic rings are mounted at regular clearance. While the hollow hose is pulled, the elastic rings of the anti-slip device are deformable for expanding the contact surface of the hollow hose
10 with the fastening ring so as to avoid the abrasion of the hollow hose by metal fastening rings.